HALIFAX metro®

NEWS WORTH SHARING.



We're taking a day off

Metro won't be publishing on Tuesday, Remembrance Day. Look for us again on Wednesday

Stolen rink boards returned

Lumber returned anonymously with $100 donation in Lower Sackville PAGE 15

'He pushed on ... and he got shot'

Nova Scotia native was last Canadian to die in WWI, just minutes before armistice PAGE 15

EVERYONE LOVES A GOOD COMEBACK

LISA KUDROW RETURNS AS WASHED-UP ACTRESS VALERIE CHERISH ON RESURRECTED HBO COMEDY PAGE 15



GOOD OLD-FASHIONED FUN

Members of the Society of Creative Anachronism do battle in Grand Parade on Sunday. The demonstration was part of Hal-Con, the annual sci-fi, fantasy and gaming convention that took place over the weekend. More coverage, page 4. JEFF HARPER/METRO

Big crowds expected for Nov. 11

Remembrance Day. Veterans Affairs critic, veterans advocate say military personnel should be honoured more than one day a year

With the country reeling from the high-profile deaths of three soldiers in the last three weeks, this Remembrance Day is set to be especially emotional.

Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent were murdered in separate incidents of targeted violence in October, while Pte. Steven Allen died during a training exercise last week.

These three deaths "highlight how precious and valuable the men and women who serve the country (are)," said Sackville-Eastern shore MP Peter Stoffer Sunday.

"(Remembrance Day) is going to be a very momentous occasion for Canadians across the country."

Stoffer said he sees more people attending Remembrance Day ceremonies every year.

But in light of the recent tragedies, he said he expects even larger crowds on Tuesday.

"We cannot call this the Canada we know and love without the men and women who provide our security," Stoffer said, adding that for any officer in the line of duty, every day is Remembrance Day.

It's a lesson that Paws Fur Thought founder and veteran Medric Cousineau wishes more people took to heart. His organization pairs service dogs and veterans with PTSD.

"One day a year doesn't cut it when they live every single day with the sacrifices that they've made," Cousineau said Sunday.

He said the most important thing someone can do this Nov. 11 is to simply say "Thank you."

STEPHANIE TAYLOR/FOR METRO

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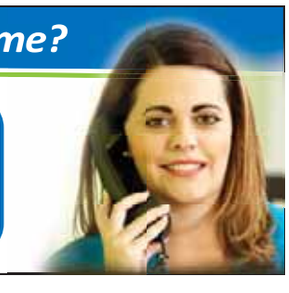
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James Cuthbert

Missing man went overboard on ferry: Police

The investigation into the disappearance of a Head of Jeddore man has ended sadly, with the news that James Cuthbert is believed to have jumped overboard while on a ferry from Cape Breton to Newfoundland.

Police believe Cuthbert, 71, went overboard the night of Oct. 26-27 and investigators do not suspect foul play is involved.

"From the very moment we realized Jim was missing until being advised by police investigators of their findings, the family had nothing but unanswered questions," said Cuthbert's son-in-law, Tom Martin in a statement posted on Facebook late Saturday.

"Now that we know the outcome of this tragedy, we have nothing but unanswered questions."

Cuthbert was reported missing Oct. 26. His car was found in North Sydney on Thursday afternoon and video surveillance footage established that he had boarded the ferry.

Police wouldn't go into specifics of how they came to the conclusion that Cuthbert went overboard.

METRO/WITH FILES FROM THE CANADIAN PRESS



James Cuthbert. CONTRIBUTED



Acadia Hall directors, from left, Dave Peverill, Linda Hefler and Don MacLennan were happy to have their pile of lumber returned. JEFF HARPER/METRO

Rink boards returned after 'honest mistake'

'Amazing'. Acadia Hall in Lower Sackville gets its lumber back along with donation, anonymous apology



HALEY RYAN
haley.ryan@metronews.ca

The case of stolen lumber from Acadia Hall in Lower Sackville has come to a happy end after the boards were returned anonymously with a $100 donation.

About 2-1/2 weeks after she realized the boards for their community skating rink had been taken, hall manager Linda Hefler said she was surprised to find $100 in an envelope marked "apology" in the mailbox on Friday alongside a letter, and the boards back where they belonged.

Quoted

"We're so thrilled."

Acadia Hall manager Linda Hefler

"It's just been wonderful. When I read it I was just absolutely amazed," Hefler said Sunday.

When members noticed the wood missing on Oct. 20, Hefler said they looked through video footage until they spotted a van pulling behind the hall and leaving with the lumber the evening of Sept. 29.

The boards, worth about $600, were numbered and drilled for the frame of the outdoor skating rink in the land behind Acadia Hall, Hefler said.

Hefler vented her frustration on Facebook and the post was shared hundreds of times, drawing media attention and "amazing" support from the community, she said. Payzants Home Hardware even offered to provide new boards.

The letter received Friday stated the person who took the boards thought they were abandoned, Hefler said, and it wasn't until that person spotted a story about the theft in the newspaper that the mistake becamer apparent.

"I called our members and said 'You're not going to believe this,'" she said with a laugh. "It's just restoring our faith in the community of Sackville and the people that we have."

The accidental thieves were "very sorry," and donated the funds for the "panic and worry" they caused the hall and community, Hefler said.

Hefler said now that the boards are back, the rink can go up as usual this month before being flooded in January, and she doesn't need to know who took the lumber.

"We will go with it being an honest mistake. They're back; we're very thankful that they've been returned," Hefler said.

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The heroes that Halifax deserves



1 The Merc with America. And Canuck was there too, I guess

Deadpool (Ryan Mills, left) and Captain America (Jordin Swinimer, right) get their photo taken with Captain Canuck (Tony White) on Sunday.



2 I'm Batman. Those ain't hockey pads

Batman costumes were everywhere, but few were as detailed as this one seen Saturday.



3 11 at 11. Who knew they get started so early?

Abby Titus, 9, left, and her sister Lauren Titus, 11, came as a Dalek and the Doctor on Sunday.



4 Fidelity matters. Fans nail details

Dominic Hurov gets into character as Steve Urkel in between matches on the gaming floor on Saturday.



5 Let's not go to Hal-Con. It is a silly place

A group of cosplayers teamed up as the cast of Monty Python and the Holy Grail on Saturday.



6 Oh, Halo there. Style clearly a chief concern

Popular video games such as Halo were also well represented.

Is the Batcave available? Hal-Con needs more room for next fall

Scotiabank, Nova Centre. In the works as bigger, better spaces



HALEY RYAN
haley.ryan@metronews.ca

Deadpool's up to his tricks again.

Ryan Mills dressed as the red Marvel character for his first Hal-Con on Sunday, and said he loved posing with special guests such as Morena Baccarin of Firefly.

"I even got to bunny-ear Hodor. It was awesome," Mills said with a grin as he looked at the photo of himself sticking two fingers behind the head of actor Kristian Nairn from Game of Thrones.

Halifax's fifth annual sci-fi, fantasy and gaming convention drew about 6,000 people to the World Trade and Convention Centre this weekend, said spokeswoman Joni Crocker.

They are now in talks to hold Hal-Con at the Scotiabank Centre next fall.

Crocker said more space would allow more people and booths, which would "be really nice" having sold out before the convention.

The con is also booked into the Nova Centre from 2016 to 2020 — meaning more space for "bigger stuff."

"We'll be able to bring in cars and things like the Batmobile, or the landspeeders from Star Wars ... or The Back to the Future car," Crocker said.

Crocker said organizers hope more people attend every year, and looking toward the next five years, would like to improve upon what's been done and "make it more fun."

Rebecca Baker, who cut an imposing figure in her Maleficent costume, said she's been at every Hal-Con so far and the event has always been busy — but did not always have the "wide-span popularity" and celebrity guests it does now.

"It's more of everything," Baker said. "I've kind of gotten addicted to them, it's just awesome."

Although last year was a little "meh" because of the issues around ticket-holders not getting in when the venue reached capacity, Baker said she's never had a bad experience at Hal-Con and they seem to keep learning from "little mistakes" and keep growing.

"As long as they keep it up, a bigger area with lots more people would be great," Baker said.

Quoted

"We sold out two days before the con, so obviously we could have more people."

Joni Crocker, director of communications for Hal-Con



Rebecca Baker attended Hal-Con on Sunday dressed as Maleficent. Baker has attended every Hal-Con since the inaugural event in 2010 and said the con would definitely benefit from a larger space. JEFF HARPER/METRO

From soldiers of fortune to creatures of fantasy

The food court at Scotia Square Mall is usually full of businesspeople enjoying their lunch, clad in the latest styles.

On Saturday, you were more likely to see Batman in line at Tim Hortons or a Stormtrooper taking the escalator.

With Hal-Con 2014 in full swing, downtown Halifax was teeming with people dressed in a dizzying array of wigs, armour and face paint.

"It's great to see people as weird as I am," Emma Drinnan, dressed up as a character from the video game Bioshock Infinite, said with a laugh.

Outside the convention centre stood Ben Mercer, a 17-year-old from Waverley who was dressed as a soldier from the Halo series of video games.

"It took me about three months to make this," Mercer said as he took off his helmet for a breath of fresh air. "I'd say it was worth it, though."

At the mall, it seemed as if people in costumes outnumbered those in regular day-to-day clothes.

"My favourite thing about all of this is that you don't have to feel weird about what you're wearing or what you care about," said Alex Ryan, a Dalhousie student.

Everywhere, there was a different subculture. Some people wore heavy armour, others fur, but all had one thing in common: They were having a lot of fun, even if they got a couple of strange stares on the street.

Of course, some people loved what they were seeing.

"Hey, Batman!" one man said excitedly as the Caped Crusader walked by him. "Awesome costume!"

BRAEDON CLARK/FOR METRO



The costumes made and shown off for Hal-Con ranged from soldiers of fortune to creatures of fantasy. This group of convention attendees was happy to pose while strolling through Scotia Square on Saturday.
BRAEDON CLARK/FOR METRO





Blaine James, right, chairman of the Nova Scotia International Tuna Tournament, directs the weighing of a 188-kilogram Atlantic bluefin tuna on the Halifax waterfront in 2005. Canada could put an already endangered species of tuna at greater risk by asking an international body to raise the prized fish's quota, say conservationists. ANDREW VAUGHAN/THE CANADIAN PRESS

Raise western bluefin tuna quota? Not so fast: Fisheries experts

Caution. Halifax-based advocate travelling to international meeting to press Canadian government to maintain current quotas

Canada could put an already endangered species of tuna at greater risk by asking an international body to raise the quota, say conservationists who want the catch limit maintained to allow the stock to rebuild.

Katie Schleit of the Ecology Action Centre in Halifax said the federal Fisheries Department appears poised to ask for an increase in the quota for western Atlantic bluefin tuna at a weeklong meeting of the International Commission for the Conservation of Atlantic Tunas that begins Monday.

Eyeing an increase

Fisheries Department spokesman Frank Stanek said in a statement the latest science indicates bluefin tuna stock "has grown substantially in recent years and could support a moderate quota increase."

Schleit, who will be at the gathering in Genoa, Italy, plans to press the government to maintain the current quota despite a recent scientific report indicating the lucrative species is more plentiful in both the Mediterranean and the Gulf of St. Lawrence.

"It sounds like they are feeling that they can seek a quota increase this year and we think that's just really risky given that we're finally showing them that what we're doing is working," she said.

The Fisheries Department has not revealed what it will seek for the fishery, that's valued at about $10 million annually in Canada.

Rachel Hopkins of the Pew Charitable Trusts, an independent research group, also wants the quota to remain at 1,750 tonnes. She says U.S. fishermen haven't been able to catch their full quota since 2003.

Fishermen have reported seeing more bluefin tuna in the Gulf of St. Lawrence. But Hopkins and Schleit say that could mean the population is shifting north, not growing in abundance.

"If … you start to increase the quota because there's a pocket of fish in one place and the other indices are saying there's no fish here, you could really do a lot of damage to the population," Hopkins said from Cape Cod, Mass.

THE CANADIAN PRESS



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TOYOTA 50 YEARS

Emera's profits affected by Arthur recovery costs

Costly tempest.
Post-tropical storm in early July cost Nova Scotia Power about $10.5 million

The damage caused by post-tropical storm Arthur has taken a toll on Emera's third-quarter profits.

The parent company of Nova Scotia Power says profits fell to $10.9 million during the period, down 24 per cent from $14.4 million for the same period last year.

Dina Bartolacci Seely of Emera Inc. says the $3.5-million reduction is primarily due to costs from the storm that knocked out power to over 245,000 Nova Scotia Power customers on July 5. In some cases, it took up to seven days for people to see their power restored.

By the numbers

32

The number of recommendations made by the independent consultant who reviewed NSP's storm response

Bartolacci Seely says operating and maintenance costs went up by about $5.5 million, due mainly to storm-related expenses.

Bartolacci Seely says the utility has estimated the total cost from the storm at about $10.5 million, but about half of that amount will be capital costs that will be amortized over time.

The province's electricity regulator has recommended Nova Scotia Power improve its weather forecasting and place more damage assessment personnel in the field when powerful storms strike.



Nova Scotia Power workers repair damaged lines in Shelburne County during post-tropical storm Arthur in early July. The storm knocked out power to 245,000 people across the province, with some blackouts lasting as long as seven days. SHELBURNE COAST GUARD

In a report filed with the Utility and Review Board in September, Nova Scotia Power agreed to act on almost all the recommendations to improve its response, promising to hire an additional forecaster and improve its website's capacity to deal with the increased demand for information during storms.

THE CANADIAN PRESS

CNSCF. Inmate recaptured after accidental release

A man charged with attempted murder, who was mistakenly released from the Central Nova Scotia Correctional Facility in Burnside on Friday, was recaptured Saturday afternoon.

Halifax Regional Police arrested Eliahs Knudsen Kent in Spryfield following a short foot chase after he was found at an address in the Spryfield area.

Kent, 22, was on remand at the Burnside Jail awaiting trial for attempted murder, robbery and other charges.

Since December 2007, there have been five people released from the jail by mistake. In all cases, the inmates were returned, though some of them turned themselves in.

"I'm angry, I'm appalled and I don't know how this could possibly happen, something this serious," said provincial Justice Minister Lena Metlege Diab on Friday about Kent's unscheduled release.

Correctional services say an internal investigation is underway to find out what happened.

Kent will appear in provincial court Monday to face a charge of escaping lawful custody. BRAEDON CLARK/FOR METRO, WITH FILES FROM THE CANADIAN PRESS

Indian Brook

RCMP arrest one, seek another after violent break-in

One man is in custody and police are looking for another after a violent break-in in Indian Brook.

According to a release, RCMP received a 911 call from a home on Meadow Brook Road around 6:44 a.m. Saturday.

Two people broke in, assaulted a 37-year-old male resident and then fled. The victim was treated in hospital and released.

Police arrested Jeremiah Paul, 30, later on Saturday at a home in Shubenacadie.

They are still looking for the second suspect.

METRO



Kinder Morgan opponents can't keep a straight face

Snarling selfies.
Scores take to social media to face off with energy giant over court argument that dirty looks can be assault



Michael Haney, left, and Allison Warden pose in photos posted on Twitter with the hashtag #kmface. Scores of people are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault. TWITTER/THE CANADIAN PRESS

Bulging eyes, scrunched noses, bared teeth — anti-oil pipeline protesters are facing off against energy giant Kinder Morgan with the meanest mugs they can muster.

Scores are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault.

Kinder Morgan lawyer Bill Kaplan told the court that activists who have blocked a subsidiary pipeline builder in a Vancouver conservation area obstructed workers in part by making faces. Millions in damages are being sought.

A social media meme poking fun at the assertion has gone viral. Professed environmental advocates, random members of the public, at least one of the defendants and Vancouver Mayor Gregor Robertson have uploaded interpretative photos dubbed the "Kinder Morgan face."

"It feels a little bit like Kinder Morgan are stepping in it," said Stephen Collis, one of five defendants named in two legal actions, adding he finds the joke hilarious.

"This is one of the ones where they really did put their foot in their mouth. People are going to pick up on that."

Three days of hearings into an injunction application against the protesters wrapped up Friday, with a judge reserving his decision until Nov. 17.

Kaplan had argued the defendants conspired against Kinder Morgan, employing social media and telephone networks to harm the oil company and pipeline builder Trans Mountain as it seeks to nearly triple capacity by expanding a route under Burnaby Mountain. He entered into evidence photographs of protesters wearing facial expressions he said demonstrate anger and violence.

"One of the things I will argue is that is not only intimidation, but that is actually an assault," he said on Wednesday.

Defendant Lynne Quarmby said the Kinder Morgan face meme points to the "absurdity" of the legal arguments. She was asked whether she felt the trend could cause any harm.

"In that silly thing going viral? No! It's like cute cat videos, my goodness."

THE CANADIAN PRESS



PM raises 'important' issues with leadership in Beijing

Canadian Prime Minister Stephen Harper meets with Chinese President Xi Jinping on Sunday in Beijing. Harper said Sunday he's raised a litany of concerns in his meetings with the country's leadership over the past few days, insisting he's only forging closer ties with China to benefit Canada. "You can rest assured that every single item that is important in the area of consular issues, human rights, governance, the rights of minorities — I have raised every single one of those," Harper said. ADRIAN WYLD/THE CANADIAN PRESS

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Last Canadian shot dead just 2 minutes before end of WWI

Armistice went into effect Nov. 11, 1918 at 11 a.m. Soldier was part of the last allied push that broke the German army



Grade 6 students from Rockheights Middle School, accompanied by Canadian Forces personnel, place more than 2,000 poppies on military gravesites at God's Acre Veterans Cemetery in Victoria on Friday. No Stone Left Alone is an initiative that honours and recognizes the sacrifice that Canadian military men and women made while serving Canada. CHAD HIPOLITO/ THE CANADIAN PRESS

George Lawrence Price was a typical Canadian soldier in the First World War, except for the timing of his death.

He holds the sad distinction of being the last Canadian and last Commonwealth soldier to die in the conflict that claimed more than 60,000 Canadians in its four years.

A total of 10,000 men were killed, wounded or listed as missing from all participating armies on the last day of the war, according to historical records.

Price, a 25-year-old farm labourer before he enlisted, was struck by a single shot and killed two minutes before the 11 a.m. armistice went into effect on Nov. 11, 1918. A native of Port Williams, N.S., he moved to Moose Jaw, Sask., as a young man and joined the army there in October 1917.

On Nov. 11, Price was part of the Canadian advance through the outskirts of Mons in Belgium, where one of the earliest battles of the war had been fought in 1914 and where the first British soldier had been killed.

"They were clearing through the village and people in the village told them to be careful; the Germans are still here," said Maj. Jim McKillip, a historian with the Canadian Forces directorate of history and heritage. "He pushed on anyway and he got shot."

Author James McWilliams, in a 1980 Reader's Digest article entitled The Last Patrol, reported that Price and several colleagues were checking out possible German machine-gun nests in the village when the enemy opened fire. Civilians waved to the Canadians, urging them to take shelter in their home.

"George was facing me," fellow soldier Art Goodworthy told McWilliams. "And I was saying something to him when all of a sudden BANG! He fell forward into my arms. I could have cried. It was not an accidental shot. It was a sniper from way up to the end of the street."

The Americans say one of their soldiers, Pte. Henry Gunther, was the last to die in the war. The Baltimore native, who was of German descent, was part of a charge against surprised German troops who tried to warn the Americans off because they knew the ceasefire was approaching.

McKillip said there are accounts that the Germans called out to the Americans, waved at them and even fired a burst from a machine-gun into the air to get them to back off, shooting at the U.S. troops only when they began to shoot at the Germans.

THE CANADIAN PRESS

Canada's war dead

- **South Africa War (1899-1902):** About 7,000 served; almost 300 killed.
- **First World War (1914-1918):** About 650,000 served; about 66,000 died.
- **Second World War (1939-1945):** More than one million served; more than 45,000 killed.
- **Korean War (1950-1953):** 26,791 soldiers served; 516 died.
- **Afghanistan (2002-2011):** 158 died over course of nine-year mission.

History of the campaign

How poppy became a national symbol

The poppy became entrenched as a symbol of remembrance a few years after the publication of Canadian Lt.-Col. John McCrae's 1915 poem In Flanders Fields.

McCrae's text inspired American Moina Michael, in the last year of the First World War, to wear a red poppy as an emblem of respect and remembrance. She then led a campaign to have the American Legion recognize the poppy as the official symbol of remembrance in 1920.

Meanwhile, Anne Guerin, a French woman who was inspired by Michael's example and McCrae's poem, began selling cloth versions of the poppy to help raise money for war-torn areas in Europe. Guerin then travelled to Britain and Canada in 1921 and convinced the British Legion and the Canadian Great War Veterans Association — a predecessor of the Royal Canadian Legion — to adopt the poppy as their symbol of remembrance. THE CANADIAN PRESS



A woman purchases a poppy in Ottawa on Friday. JUSTIN TANG/THE CANADIAN PRESS

Tower of London poppy display draws huge crowds



Crowds of visitors view the Blood Swept Lands and Seas of Red installation in the moat of the Tower of London on Sunday in London. PETER MACDIARMID/GETTY IMAGES

Parts of a display of almost a million ceramic poppies that have filled the Tower of London moat to mark the centenary of the First World War will be preserved and go on tour, organizers in London said Saturday.

The installation, titled Blood Swept Lands and Seas of Red, has generated intense interest, with thousands lining up daily to look since it opened in August. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the Great War.

Counting the dead

888,246

The number of ceramic poppies that fill the Tower of London moat. Each of the 888,246 poppies represents a service member from Britain or its empire killed in the First World War

Organizers estimate four million people will have visited the display by Tuesday, which is called Armistice Day in England, the anniversary of the end of the First World War on Nov. 11, 1918.

The poppies are due to be removed starting the next day, and sent to people who have bought them in return for donations to military charities. But there have been calls from politicians and members of the public to keep the installation open longer.

Prime Minister David Cameron said parts of the display, including a "wave" of poppies rising beside an entrance to the centuries-old Tower, would remain until the end of the month before going on a national tour. THE ASSOCIATED PRESS



The Brandenburg Gate stands illuminated during celebrations of the fall of the Berlin Wall on Sunday in Berlin. The city is commemorating the 25th anniversary of the fall of the Wall, with an installation of 6,800 lamps coupled with illuminated balloons along a 15-kilometre route where the wall once ran and divided the city into the capitalist West and communist East. Its dismantling was symbolic of the revolutions sweeping through Soviet-controlled countries, heralding the end of the Cold War. SEAN GALLUP/GETTY IMAGES

Germans unite to celebrate 25 years

'Reclaiming freedom.' Anniversary marks a quarter-century since Germany unified, declared its freedom with opening of the Berlin Wall divide



Hulda, 3, puts flowers in a crack of the former Berlin Wall to commemorate those who died trying to cross the wall during the Cold War at the Berlin Wall memorial site at Bernauer Strasse on Sunday. MARKUS SCHREIBER/THE ASSOCIATED PRESS

As Germany celebrated the 25th anniversary of the fall of the Berlin Wall on Sunday, Elke Rosin recalled how lucky her family had been.

Her pet parakeet and a few personal belongings were all that Rosin managed to grab before her family fled from East to West Berlin 53 years ago. Hours after their frantic escape, the Communist authorities in East Germany sealed off the border and began building the Wall.

"We all got away and nobody died," said Rosin, now 70.

Others weren't so fortunate. During its 28-year existence, at least 138 people died at the Wall, and hundreds more were jailed for trying to escape.

German Chancellor Angela Merkel honoured their memory and paid tribute to those who helped bring down the Wall, calling its collapse an example of the human yearning for freedom.

On the night of Nov. 9, 1989, thousands of East Berliners streamed through the once-closed border crossings after Communist authorities caved in to mounting pressure and relaxed travel restrictions that had kept their citizens from going to the West for decades.

"It was about reclaiming freedom, about being citizens, not subjects," Merkel said at the main memorial site for the Wall on Bernauer Strasse.

The protests in East Germany were spurred by changes that had already taken place elsewhere in Eastern Europe, she said, citing the examples set by democracy movements in Poland, Czechoslovakia and Hungary.

"The fall of the Wall has shown us that dreams can come true," said Merkel, who grew up in East Germany.

"Nothing has to stay the way it is, however big the hurdles are."

A million people were expected to attend Sunday's festivities in Berlin, which included an open-air party at the city's Brandenburg Gate and the release of hundreds of helium-filled balloons strung along a 15-kilometre stretch of the former border.

THE ASSOCIATED PRESS

Germany's history

While opening the Berlin Wall's crossing Nov. 9, 1989 is significant, German Chancellor Angela Merkel noted another critical event in German history that occurred Nov. 9.

- **The Night of Broken Glass.** On Nov. 9, 1938, German paramilitaries launched a pogrom (a violent riot aimed at persecuting or killing ethnic and religious groups) on Germany's Jewish population.
- **An opening note.** Merkel believes that while Nov. 9 marks the country's will to be free, it carries the weight of knowing it represents the beginning of the death of millions: "I feel not just joy, but the responsibility that German history burdens us with."

Artillery attacks fuel fear of renewed war in Ukraine

The heaviest shelling in recent weeks has shaken the main city in Ukraine's rebel-held east, heightening worry about the renewal of full-scale conflict despite a ceasefire signed two months ago between Ukraine and Russia-backed separatists.

Artillery explosions roared throughout the early hours of Sunday in Donetsk, quietening only after sunrise.

A city council statement said four residential buildings were destroyed, but it didn't give information on casualties.

The ceasefire called on Sept. 5 has been violated almost daily. Some of the heaviest fighting focuses on Donetsk's airport.

On Saturday, Associated Press reporters saw scores of military vehicles moving near Donetsk and farther to the east.

Many of the unmarked vehicles were towing artillery. Ukrainian officials say rebel forces have received new weaponry and manpower from Russia. Moscow denies such claims. THE ASSOCIATED PRESS



Unmarked military vehicles are parked on a road outside the separatist rebel-held eastern Ukrainian town of Snizhne, 80 kilometres from Donetsk on Saturday. AP reporters saw more than 80 military vehicles on the move in separatist-controlled areas, indicating intensified hostilities may lie ahead. MSTYSLAV CHERNOV/THE ASSOCIATED PRESS



Seeing green. B.C. First Nation may grow medical marijuana on its reserve

When Elaine Alec started door-knocking in her First Nation community to ask families and respected elders if they would approve of an on-reserve medical marijuana grow-op, she braced herself for the worst.

"My first line was: 'So, what do you think of medical marijuana?'" said Alec, a planning and community engagement specialist with the Penticton Indian Band in British Columbia's Interior.

"I was completely surprised that people would get a look of thought on their faces and were thinking about it. They would say, 'I think that's a good idea.'"

Now, the band's proposal to build a medical pot facility is moving forward with substantial community support, as the First Nation looks at growing a cannabis strain that caters specifically to health conditions afflicting indigenous populations.

If members approve the plan, the band would become the first aboriginal producer to become federally licensed in Western Canada, paving the way for what its business partner hopes will become a cross-country model.

THE CANADIAN PRESS



A greenhouse in British Columbia. The Penticton Indian Band in B.C.'s Interior is considering growing marijuana. BW GREENHOUSE/HANDOUT/THE CANADIAN PRESS

Pay for your purchase in a heartbeat via a wristband?

Pilot project. Soon you may be able to buy things with a tap of a wristband that identifies you via your unique heartbeat

You've heard of paying retailers with the tap of a smartphone, but Royal Bank thinks shoppers are ready to take another big step: wearing payment options on their wrist.

The bank has paired with Toronto-based technology developer Bionym to test a wristband called Nymi, which identifies owners through their unique heartbeat and then lets them charge purchases to their credit card.

The device looks like a watch, and will soon grace the wrists of 250 RBC clients and staff under a pilot project in Toronto that runs through February.



A Royal Bank wristband is used for payment in this handout photo. BLUESKY COMM/HANDOUT/THE CANADIAN PRESS

Eventually, the bank hopes to roll out its RBC PayBand across the country.

Royal Bank is focusing more on payment technology in an effort to introduce more options, said Jeremy Bornstein, head of the bank's payments innovation operations.

"We've been keenly looking at the wearable space for quite some time," he said in a recent phone interview from the Money 2020 financial innovation convention in Las Vegas.

THE CANADIAN PRESS

Medical research goes digital

A Canadian startup's web widget is offering doctors and researchers help, in the digitally navigation of a staggering volume of medical studies and articles being published each day around the world.

"Everything starts with the information overload problem. Today, there are now over 4,000 new articles that are published per day, and that's just in biomedicine alone," says Paul Kudlow, a Toronto-based physician-scientist and founder of TrendMD (www.trendmd.com), a startup financially backed by MaRS Innovation and the Ontario Centres of Excellence.

Kudlow says the amount of published medical research is growing and is spread throughout an estimated 27,000 medical journals, making it nearly impossible to keep up with the latest developments.

Monetizing TrendMD

Sponsors pay to have their content added to TrendMD's widget after their study is reviewed by the startup's in-house team.

- Scientists or doctors, for example, would pay TrendMD a minimum of $20 to have their studies accessed a maximum of 100 times. But the more they pay, the more clicks are available to readers.

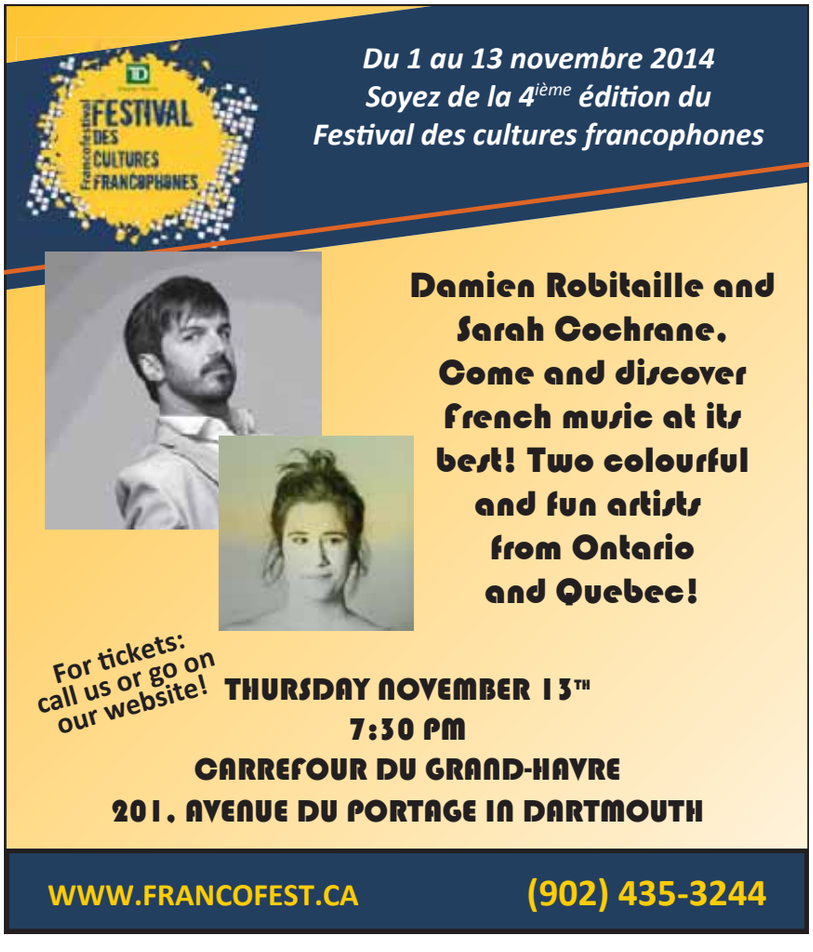
"What's the point in publishing something if there is no guarantee that your intended audience will see it?," says Kudlow.

In 2012, Kudlow, grappling with the traditional ways to publicize his research, came up with the idea of TrendMD, an online tool that gives readers a way to find content relevant to their interests, while giving publishers, institutions, industry and authors the ability to target their audience.

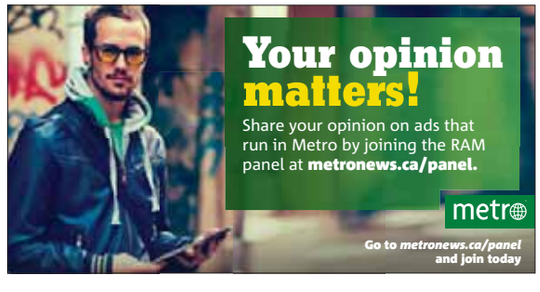
TrendMD's business model is based on clicks, and there are two streams of revenue — publishers and sponsors.

Publishers place the TrendMD widget at the end of articles published on their websites, at no cost. Using the article content as a guide, the widget then recommends links to related studies elsewhere in the journal — keeping the reader engaged in their area of interest for as long as they want to read and, in turn, making money for the journal with every click.

THE CANADIAN PRESS







MORE DIFFICULT CONVERSATIONS NEEDED



URBAN COMPASS

Stephen Kimber
halifax@metronews.ca

Halifax NDP MP and deputy party leader Megan Leslie says she "cannot believe" Liberal leader Justin Trudeau went public with allegations of "serious personal misconduct" by two Liberal MPs against two NDP MPs.

But really, given the state of the nation — the fascinating, mostly thoughtful, sometimes insightful, occasionally knee-jerk conversations triggered by recent Jian Ghomeshi allegations but now broadened to include issues of consent, rape culture, sexual and workplace harassment, who-knew-what-when-and-what-did-they-do-about-it-when-they-found-out — it's hard to imagine Trudeau reacting otherwise.

Last Wednesday, Trudeau called a news conference to announce he was suspending his MPs and referring the allegations to the Speaker of the House.

The backdrop: In the bus returning from Cpl. Nathan Cirillo's Hamilton funeral on Oct. 28, an NDP MP — whose name Trudeau didn't initially know — sat beside him. She told him about two incidents of harassment by his MPs, one involving her, and the second, a colleague.

Trudeau asked his party whip to investigate. She and her counterpart in the NDP caucus each met with the NDP MPs. It's not clear the details they learned, although the NDP says the most important message was that neither woman wanted to go public. But Trudeau's post-allegations options seem limited.

He could have ignored them. He could have privately admonished his MPs and considered the case closed. He could have kept quiet but sent a message he would not sign the MPs' nomination papers for the upcoming campaign.

But what if there'd been another incident, perhaps more serious? If Trudeau had known but done nothing ... just ask CBC managers about that.

Action vs. inaction

If Trudeau had known but done nothing ... just ask CBC managers about that.

Trudeau was at pains in his news conference not to identify the MPs, their genders, or even their party affiliations. But in hothouse, everyone-knows-everyone's-business Ottawa, a planted seed sprouts rumours, and rumours begat news.

The NDP accuses the Liberals of playing this for partisan purposes. There's undoubtedly something to that. But their own often over-the-top counterattack seems equally tinged.

These are serious, complicated issues that require serious complicated conversations — not to mention a serious conversation about how to make sure the accused MPs are able to defend themselves against allegations we are not privy to, and which may never be formally made.

None of this will be easy. But it's necessary.

Hurray for 7-5-3 day



A kimono-clad girl has lipstick applied during a festival at Meiji Jingu Shrine in Tokyo over the weekend. KOJI SASAHARA/THE ASSOCIATED PRESS

Children of certain ages celebrated

Shichi-go-san (7-5-3) is a Japanese festival for children who are 3, 5, and 7 years old, as the name suggests.

The official date is Nov. 15, but as it's not a national holiday, most families will hold their festivities on the nearest weekend instead.

Parents will take their children to a local Shinto shrine. There, they pray for the well-being of their children.

Usually a purification rite is also performed during the festival.

ZOOMINGJAPAN.COM

Milestones

- **Age 3.** During the samurai era, kids would have their heads shaved at birth. At 3, they were finally allowed to grow it.
- **Age 5.** Boys put on a hakama for the first time in public.
- **Age 7.** Girls began using an obi sash to tie their kimono.

Comments

RE: NDP Deputy Leader Megan Leslie says Liberals Could Have Kept 'Misconduct' Quiet, published online Nov. 8, 2014

Not a big Trudeau fan (though less of a Harper fan), but the NDP is staking out the wrong ground on this one. Seriously wrong.

I don't want to downplay the potential for harm if someone is wrongly accused, but that problem exists with all crimes, not just sexual misconduct.

Trudeau acted properly and no victims have been named.

So it kind of makes you wonder what it is that the NDP is upset about. When it finally occurs to them how stupid they look in all of this (not to mention that they are actually claiming that perpetrators of sexual harassment and assault need their privacy).

Megan doth protest too much, methinks.

Jeff200,
posted to metronews.ca

While harassment allegations are nothing to take lightly, I feel as though given the NDP's reaction to try to make political hay out of Trudeau doing the right thing is beyond contemptible.

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously, and trying to cover it up.

Mulcair is coming off as amazingly greasy in this whole manufactured scandal, while Trudeau did the only thing he could — act like the leader of his party and suspend the MPs in question and be open and honest about why he was doing it. I am not sure how the women in question wouldn't feel safe by the actions taken ... they were not named, shamed, or brushed aside. Their allegations are being taken seriously and being looked into accordingly.

Baldurdash,
posted to metronews.ca

Playing politics?

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously

RE: Mikhail Gorbachev Warns World 'On Brink of New Cold War,' published online Nov. 8, 2014

Russia invades Ukraine, new Cold War. America invades and destabilizes (countries in the) Middle East, no problem, they are the good guys.

chain n,
posted to metronews.ca

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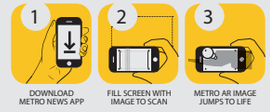
metro AR

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Ebooks



The World of Ice & Fire

By. George R.R. Martin, Elio Garcia, Linda Antonsson

Kindle/iBooks/Kobo

Although it lacks the intimacy of the novels, this beautifully illustrated Game of Thrones history conveys entertaining tales of incest, betrayal and clever turnarounds. Through summarized stories and lines of lineage, you get a sense of the extreme personalities involved, along with satisfying revelations about Valyrian dragons, the children of the forest and the Iron Throne. **KRIS ABEL**

Movies

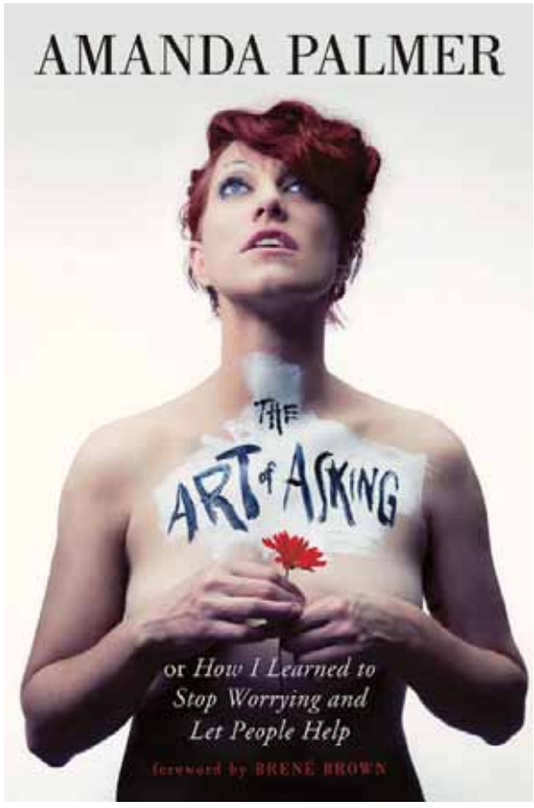
Interstellar, Big Hero 6 lead way

A team of Marvel characters rocketed past a group of astronauts at the weekend box office. Disney's Big Hero 6 debuted in first place with $56.2 million US, while the Paramount and Warner Bros. space saga Interstellar was second with $50 million. This is just the fourth time in box-office history that a pair of films both opened at $50 million or more. **THE ASSOCIATED PRESS**

There is nothing dirty about being paid for art

Q&A. Amanda Palmer discusses her new book The Art of Asking, and her days as a street performer

LISA WEIDENFELD
Metro in Boston



Singer Amanda Palmer has had a busy few years. After splitting from her record company, she decided to fund her next album through Kickstarter. What followed was crazy crowdfunding success, a scandal about whether she was paying the amateur musicians she invited to join her onstage, a wedding to novelist Neil Gaiman and the illness of her longtime friend and confidante, Anthony Martignetti.

At the end of it all, Palmer gave a popular TED talk about how important it is for artists to be open to asking for money for their work, and now, just out, is her new book, The Art of Asking, which covers everything from her days of being a street performer to what it's like to be married to a successful novelist. (Though her book tour is just kicking off, it's not without controversy — after initially posting on Facebook that ex-CBC host Jian Ghomeshi would still be attending her Nov. 25 event in Toronto, Palmer uninvited him.)

Why do people have a hard time with the connection between art and money?
It's like the intersection of love and money. We have a romance about one, and a pragmatic idea about the other, and it's hard to see them merge. We don't like getting our art dirty. As human beings, we really compartmentalize the money department and the love department and the art department, when in fact those things are often interconnected and undeniably linked. So it can be difficult for a lot of artists to even just talk about it because they want to keep those compartments separate.

What made you decide to speak up about this issue?
I don't know if there was necessarily a moment when I decided to speak up about it. It was more a question of being called upon ... I despise being told what to do, and I didn't respond very positively to being bossed around by corporate labels. So I was forced into a position of, just by necessity, running my own business and defending my decisions to people.

Are you worried people are already too aware of what you're writing about?
A lot of the stuff in the book is not stuff I've covered or blogged about. I rarely talk about my real relationship with Neil. I've rarely touched on my relationship with Anthony. I haven't talked a lot on my blog about the old days. The beginning, and my childhood, and the 8-foot bride (street performance) and that sort of stuff. ... It's a story of the course of a couple of years and what happens leading up to the Kickstarter and the ensuing controversy and Anthony's illness.

How different do you think you'd be if you hadn't been a street performer?
I don't think I'd be as open. That may be my retro, romantic opinion, but I really do think being a street performer gave me asking balls of steel ... There is an education about humanity and about perseverance that you get as a street performer that you just don't get anywhere else, because you have to just f—king deal with whatever happens to you.

Quoted

"I really do think being a street performer gave me asking balls of steel."

Amanda Palmer, singer and author, on her early days as 'the 8-foot bride'





Lisa Kudrow was as surprised as anyone when HBO revived The Comeback, her 2004 series that was cancelled after one season. THE ASSOCIATED PRESS

TV. Kudrow revives role as a washed-up actress

Lisa Kudrow has no problem slipping in and out of her character Valerie Cherish when talking about the return of The Comeback. (The HBO series follows Cherish, a washed up actress desperate for fame and relevance, who is filming a reality TV show).

The show aired for just one season in 2004, with some critics suggesting it was ahead of its time — a concern shared by co-creator Michael Patrick King, Kudrow says.

"We were working on it and (King) went, 'What if we're too far ahead? That's not good.' I said, 'What are we gonna do about it now? There will be other seasons and then they'll catch up.'"

When Kudrow found out HBO was interested in bringing back the comedy, she was as surprised as everyone else. "A year ago? Never would have thought," she says.

They decided to do six episodes and pick up nine years later, because the idea of continuing as if no time had passed was "ridiculous," she says.

In the new season, Valerie has hired some USC students to shoot a pilot for a reality show that she's going to present to Andy Cohen for Bravo. In the years that have passed, she hasn't worked much, just guest-starred on a crime drama, participated in student films and starred in an infomercial for hair dye.

Cherish is often humiliated and embarrassed by people around her who don't take her seriously. Kudrow says some people are taking that way too personally.

"I was like, 'I don't know why you're taking it so hard. She was OK. Didn't you see she was OK? This is a person in denial. It's a wonderful tool," she laughs.

The Comeback airs Sundays on HBO at 10 p.m. ET/PT. THE ASSOCIATED PRESS

Quoted

"She was OK. Didn't you see she was OK? This is a person in denial. It's a wonderful tool."

Lisa Kudrow, The Comeback, on her actress character's battle to be taken seriously

Gotti lads are all grown up

Television. Reunion special revisits mobster daughter's family, a decade after she invited viewers into her home



From left, Carmine, Victoria, John and Frank starred in the reality series Growing Up Gotti a decade ago. Now the family is reuniting for a one-hour retrospective. THE ASSOCIATED PRESS FILE

It seems like yesterday, or could it be a decade, since Growing Up Gotti was lending an ear to the fortissimo life of mobster daughter Victoria Gotti and her three boisterous lads.

Now A&E is bringing back the family for a one-hour retrospective, inviting viewers to revisit the Long Island manse for reminiscing and clips from the series (which aired in 2004-'05).

Victoria, now 51, is still the dolled-up matriarch, while sons John and Carmine are all grown up and no longer so reliant on hair gel and swagger. (But domestic drama remains: Youngest son Frank, 24, blew off the taping, claiming illness, according to the network.)

Victoria still considers herself a writer by trade — she is a bestselling author and was a columnist for the New York Post — but her career has also found her competing on Celebrity Apprentice and starring in an off-Broadway musical.

Nonetheless, she spent life before the show chiefly known as a daughter of John Gotti, the late Dapper Don. So, a decade ago, she allowed cameras into her home in an effort to recast her identity. But when the first round of filming was complete and the premiere date loomed, she became physically ill.

"The apprehension, the anxiety! I remember thinking, 'Just let it come out. One, maybe three episodes will air. It'll be a complete flop. Three people will tune in. Then we'll be done!'"

It didn't turn out that way, and when the series became an overnight hit, she asked herself, "Now what?"

What happened was a blast, she says. "I think it's one of the better decisions I've made, and I got to work with my kids. What better job for a working single mom?"

The series also fulfilled Gotti's goal of presenting herself not as the daughter of a legendary wiseguy, but as a woman raised by a devoted dad: "He and my mother, they were great!"

Long divorced, she was seen suffering through dates with insufferable men. So how's her romantic life these days?

"Quiet. Very quiet," she says with a laugh. "You couldn't believe how quiet. But I think the right men are afraid."

Not that she's complaining. More than once she says she wouldn't change a thing. "Regrets? None. Surprises? Lots," she says, then muses, "I was most surprised that this thing caught on!"

Growing Up Gotti: 10 Years Later airs Monday at 9 p.m. EST on A&E. THE ASSOCIATED PRESS

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Carrie Brownstein and Fred Armisen of Portlandia have co-authored a cookbook. IFC

Television. Portlandia cookbook celebrates Portland's food scene — minus the tater-tot nachos

You might be suspicious of a cookbook spawned from the sketch comedy series Portlandia, which lampoons the more eccentric elements of life in Portland, Ore., but series stars Carrie Brownstein and Fred Armisen assure us the Portland food scene is nothing to joke about.

"It really has its own signature on cuisine, I can't believe it. It also doesn't toot its own horn about (its) own food," Armisen says.

And, according to Brownstein, that culture extends to the book itself. "We're not trying to take it too seriously, but if you want to use it as a legitimate cookbook, it completely functions as that," she says.

"There are genuine recipes in there that are legitimately tasty. I think for new cooks or cooks who are just starting out, it's a good way because a lot of it is comfort food."

The only thing seemingly missing from the Portlandia Cookbook? Totchos — nachos made with tater-tots — a staple at bars around the city.

"Oh yeah, totchos! I have had totchos at the Florida Room. It's the best late-night bar food," Brownstein says. Maybe for the next book.

For a sample of what the book does have to offer, Brownstein and Armisen suggest the Bird in a Grilled Cheese Nest. "I love eggs on anything, and Portland is very egg-y now," Armisen says.

Brownstein likes the dish for its simplicity. "This is something that just requires bread and cheese and egg. It's all the ingredients I like, and it's kind of like a fancy grilled cheese," she says. "I'm sorry, yes, it's carb-heavy. You can follow that up with a big steak!"



NED EHRBAR/METRO IN HOLLYWOOD

Television

Shield spinoff will focus on Peggy Carter

Marvel fans can now mark their calendars for Jan. 6, when ABC will premiere the new Agents of S.H.I.E.L.D. spinoff series, Agent Carter.

Viewers will get to know more about Peggy Carter, the character played by Hayley Atwell.

In 1946, after the trauma of the Second World War, Peggy takes on an administrative position at the Strategic Scientific Reserve (SSR).

But she also carries out secret missions for Howard Stark, the father of Tony Stark (a.k.a. Iron Man). At the same time, the courageous young woman attempts to recover from the loss of her true love, Steve Rogers, better known to Marvel fans as Captain America.

Seen in the previous two movies on the American super-soldier, Peggy Carter and Howard Stark are again played by Hayley Atwell and Dominic Cooper in the new series. One Tree Hill alum Chad Michael Murray joins the cast as Agent Jack Thompson. AFP


Hayley Atwell as Agent Carter
MARVEL STUDIOS

Unreel: Zuckerberg never clicked 'like' on Facebook flick

In not-so-surprising news, Mark Zuckerberg didn't enjoy watching The Social Network. The topic of the David Fincher-directed, Aaron Sorkin-written film about the founding of Facebook came up during a live Facebook Q&A recently when an audience member asked Zuckerberg how accurate the movie was.

"Wow, I haven't spent a lot of time thinking about that movie in a while. I kind of blocked that one out. It was a very interesting experience to watch a movie that was supposedly about my life," Zuckerberg said. "They went out of their way in the movie to try to get some interesting details correct, like the design of the office, but on the overarching plot, in terms of why we're building Facebook to help connect the world, or how we did it, they just kind of made up a bunch of stuff that I found kind of hurtful."



Mark Zuckerberg
ALL PHOTOS GETTY IMAGES

Sorkin says he's throwing in towel on TV world

Speaking of Aaron Sorkin: Hey, did you like the premiere of the final season of The Newsroom? Well, enjoy it, because that's all the Aaron Sorkin-created TV you're getting. The man behind the West Wing, Sports Night and Studio 60 on the Sunset Strip says he's taking his show-running ball and going home. "I know the whole 'Never say never' stuff, but I'm pretty certain I'm about to write my last three episodes of television," Sorkin tells the L.A. Times. "I've had much more failure, as traditionally measured, than success in television. I've done four shows, and only one of them was the West Wing." So if you need your fill of cantankerous, hard-nosed angels fighting injustice with giant vocabularies alongside female colleagues who are always wrong and disastrously preoccupied with their love lives, you'll just have to turn to Netflix.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Not so Grande in gift-giving department



STARGAZING
Malene Arpe
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Somebody keeps sending Ariana Grande bad gifts, including a 20-kilogram pumpkin, Yankee candles, dog and cat calendars, a three-piece mirror set from Kmart and a $200 anklet from Kay Jewelers. Surprisingly, it's a 29-year-old old guy — and not your aunt who watches way too much Wheel of Fortune and names all the squirrels and sparrows in her garden.

Gwyneth Paltrow's GOOP is reportedly $1.86 million US in debt. Don't worry too much. It's linen-wrapped, monogrammed debt.

Amal Alamuddin has been nominated for a British Style Award. She's a nominee in three different categories: Best Dress Worn While Marrying George Clooney, Best Fancy Hairdo While Standing Next to George Clooney and Cute Shoes.

Jennifer Lopez admits that Ben Affleck was her first big heartbreak. Mine, too. But that was mostly because of Daredevil.

Iggy Azalea accidentally flashes a group of 13-year-olds while performing at a Bar Mitzvah. Today you are man who has already seen way too much.



Andy Dick

Chain reaction: Andy Dick arrested after alleged jewelry theft

Andy Dick is in trouble with the law, which I know really shouldn't count as news, but there you go. So what did the ever-volatile comic do this time? Dick allegedly stole a necklace from a man after an encounter on Hollywood Boulevard last week, according to TMZ. That encounter apparently consisted of Dick riding up to the guy on his bicycle and asking if he could see his chain, reportedly valued at $1,000. Recognizing Dick as a famous person, the guy said yes, at which point Dick took it and rode away. The owner of the necklace reported the theft, and cops spotted Dick this weekend — also while tooling around on his bicycle — and nabbed him. He was released on $25,000 bail. I'm hoping his legal team goes with the "It's Andy Dick, what did the guy expect to happen?" defence.



LIFE 3

Five key things to consider before you begin investing

Stock market. The world of investing is a sexy place, as long as you know the risks and understand what you're getting into



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Before jumping into the complicated world of investing, do your homework and set up a practice account to help you understand the process. ISTOCK

Much of the personal finance media coverage is focused on the world of investing. It's sexy. A lot sexier than telling people to live within their means (jeez!), get their debt paid off (ugh!) or make a will (sigh).

A question I often get relates to how to step into the world of investing. I'm an investor. You should be, too. But not until:

1. All your consumer debt is gone. If you're carrying consumer debt, it's because you're spending more money than you make. Job one is to plug the holes and get debt paid off. No investment is going to return you more money than eliminating your consumer debt.

2. You are living within your means. That means knowing the difference between wants and needs. If investing is important, you'll need money to do it. So what are you not going to buy so you have the money to invest? Investing also takes discipline. Go screaming from the investment world at exactly the wrong time and you'll make paper losses into real losses. Fail to set your sell-point, and greed may take over where common sense should rule.

Want to know if you've got the discipline to be an investor? If you're not living on a budget, you're not ready.

3. You understand what you're thinking of buying. There's an investment option for every kind of investor, but you must know what you're buying before you buy. Would you buy a car without knowing how to drive? So why would you buy an investment without knowing how it makes money, or how it can lose money?

If I had a nickel for every time someone told me they'd bought a mutual fund but couldn't tell me what was in that fund, I'd be able to buy myself a bank! If you can't explain it to a 12-year-old, you don't know it well enough to buy it.

4. You match your investment and your time horizon. Short-term money — money you'll need in less than five years — needs to stay liquid, since you don't have enough time to wait for markets to recover should they dip.

Long-term investing means being prepared to leave the money there for more than a decade. If markets take a turn, you have the time to ride out the ups and downs.

Choosing an investment that matches your investment time horizon is important. And so is adjusting your investments as your time horizon changes.

5. You understand that all investing has risk and that the greater the potential return, the higher the risk you'll be taking.

If you aren't comfortable taking risk — if the idea of watching 30 per cent of your investment portfolio evaporate overnight makes you crazy — then you need to choose investments that will let you sleep at night. No, you won't have the spectacular returns of those who fear nothing and take a leap into speculative investments. But you won't have the losses, either.

If you've got the stomach, and the money, to go big or go home, the world of investing is huge and you're limited only by your knowledge. If you're a more conservative investor, don't apologize or feel embarrassed for being a chicken. Stay true to your risk profile and you will be happy watching your eggs pile up slowly.

Want a great way to dip your toes into the world of investing without taking any risk, so you can learn without any pain? Build a practice portfolio and watch what the investments do and how you react.

Choose 10 investments you'd consider buying and track how they perform. Watch what happens and how you feel about the changes as your practice portfolio fluctuates in value. When you're comfortable, you can put some real money into the mix.

Some people see the stock market as a game. Some people see it as gambling. It's neither. Nor is it for everyone.

You'll know you're ready to be an investor when you've got a solid financial foundation (no debt, an emergency fund, a spending plan) and you understand the options you're considering well enough to feel completely comfortable buying them. Even a twinge of doubt means you're not yet ready.

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They all badger me during break time

Dear Metro,

I work in a hectic office, and when my break rolls around, I just want a few minutes of quiet solo time. Unfortunately, this rarely happens: More often than not, someone invites themselves to come wherever I happen to be going. How can I ditch my tagalongs without seeming like a grouch?

— Get Away from Me!



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear GAFM,

Think of yourself as a white-collar cat burglar: When the clock strikes breaktime, you soundlessly — and theatrically — tiptoe from your desk to the door. Can't pull off a Pink Panther? Bid adieu to your sidekicks with a nice but not-quite-enticing verbal dodge. When Beth asks to come for a coffee, tell her you're calling your mom. If Todd wants a breath of fresh air, explain that you're all about errands. Don't reject them outright — but don't offer an appealing invite.



Hiding from your office's Chatty Cathy isn't going to hold up forever. Explain to her that a few seconds of solitude each day does your soul some good. ISTOCK

And honesty should not cause ennui. Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

Should you get cornered into company, it's fair to explain — point-blank but politely — that you need a few minutes of solitude. Or tunnel yourself, Shawshank-style, to the sidewalk.

Dear Metro,

I work from home — and I also live below a diehard house music fan. Starting around 10 a.m. every morning, it's unst-unst-unst all over my apartment. I've asked the guy to turn it down, but he won't. I've told my landlord, but she isn't much help. How can I get work done when it feels like I live in a club?

— Not Feeling the Rhythm

Dear NFTR,

Breakfast is no time for bone-shaking bass, and house music is especially polarizing. Lots of people connect to it. But for those who don't, it can cause scratch-out-your-eyes, dig-in-your-brain aggravation.

If earplugs can't screen out the beats, try white noise. There are plenty of free apps offering productivity-enhancing tracks like "TV static" or "beach waves." You could also upstage his playlist with loud tunes of your own — although the combo of noises might sound like a bad DJ's crappiest mix.

When it comes to quiet, play the long game. Right now, he won't drop the volume. But what will he say in a few months, when you've made an effort to become his bud? Your impulse is probably to bang the ceiling with a broom and scowl in the halls. But a smile will more effectively oust his unsts.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

A moment for moi

Everyone has a different threshold for human contact, and there's nothing inherently offensive about wanting half an hour alone.

Lessons from the desert

Propose a new purpose when your pursuit has reached its pinnacle



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

After success is achieved, it brings into view the type of 'Why?' or 'Now what?' reflections that can lead to complacency, or even self-sabotage. If this is occurring in your world, look to invent a new purpose.

Over the last five days, our team of three has been competing in a multi-day foot race in Antarctica. On the first day, we took the lead in the team category and finished seventh overall in the general classification, which includes all the individual runners. Days 2-4 and 20 more hours of racing later, every minute counting, we gave all we had, given the stiff competition.

On the final day of the race, still leading, our mental calculation yielded that by the fifteenth kilometre, there wouldn't be enough distance left for the second-place team to make up the time they had lost to us.

With victory in the bag, overwhelmed with having gotten it done, I started reflecting on the hundreds of hours of training that had led up to this point.

Almost simultaneously, my teammates and I all got a neural signal that went something like this: "You're done. You can stop competing now!"

As you might predict, our pace slowed down and our bodies started to hurt, even though there were still hours of running left to complete the final stage.

It was time to reframe the race, and invent a new purpose to continue to give our best until the end.

We discussed it as we walked, while being overtaken by much of the field. What should we run for? Our team was in eighth place overall; never before had a team finished among the Top 10 in this race. We agreed to run for that. Five kilometres later, we mentally calculated that that goal, too, was in the bag. What now?

With 25 countries represented, my friend Ernie and I clued in that we were first among Canadians by the narrowest of margins. As a point of pride, we agreed to run hard for that. I later realized I was leading the 50+ age category, which I might be able to hold if I ran with full force for another two hours.

None of these incremental goals carried a medal; albeit meaningless on the surface, each gifted us a newfound energy to replace the hurt we all had so we could continue with all cylinders firing until the very end.

Once we reach our first success milestone, sometimes we need to invent new reasons to push ourselves to redefine what our best is in order to reach new highs.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



Still haven't jumped on the quinoa bandwagon? There's always room

Lake Trout and Quinoa Pilaf with Sweet Potato and Cranberries. This meal comes together quickly



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman



This recipe serves six. ROSE REISMAN

The flavours of sweet potatoes, dried cranberries and maple dressing go so well for this fall quinoa dish.

Quinoa is a hearty grain that's considered a complete protein and a complex carbohydrate with a low glycemic index. It's also gluten-free.

It's best to rinse your quinoa before cooking to eliminate the taste of the saponin, which can be bitter.

I also like to cook my quinoa in a vegetable or chicken stock for added flavour.

Lake or salmon trout is a cross between both fish. It has a milder flavour and lighter texture than salmon and is also lower in calories and fat.

You can also use rainbow trout fillets.

The trout matches perfectly with the quinoa pilaf.

Directions

1. Preheat oven to 425 F. Spray a baking sheet with vegetable oil. Place sweet potato cubes on sheet and roast for 15 minutes or just until tender.

2. Meanwhile, bring quinoa and stock to a boil, cover and simmer on lowest heat for 15 minutes. Place in serving bowl with sweet potatoes and remaining salad ingredients.

3. Dressing: Combine ingredients and add to quinoa salad.

4. Fish: Either grill or bake fish at 425 F for about 5 to 8 minutes or just until opaque. Serve over top of quinoa.

5. Glaze (optional): Combine ingredients in small sauce pan. Bring to a boil, then turn heat to low and simmer for 3 minutes or just until slightly thickened. Drizzle over fish.

FLASH FOOD



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Ingredients

Salad
- 1 medium sweet potato peeled and cut into cubes
- 1 cup uncooked quinoa
- 1 1/2 cups chicken stock
- 1/2 cup dried cranberries
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro or basil
- Salt and pepper

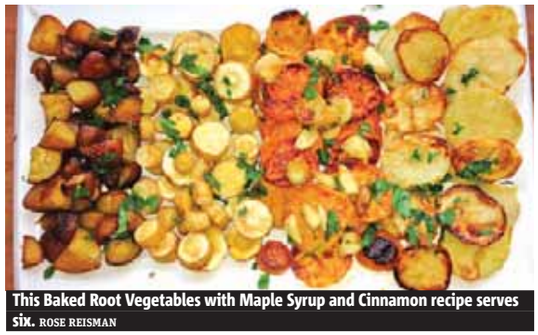
Dressing
- 1/2 tsp minced garlic
- 1/4 tsp Dijon mustard
- 1 1/2 tsp apple cider vinegar
- 4 tsp maple syrup
- 1 1/2 tbsp olive oil
- 2 tsp lemon juice

Fish
- 1 1/2 lb lake or salmon trout
- Salt and pepper

Glaze (optional)
- 1/4 cup low-sodium soy sauce
- 1/4 cup maple syrup
- 2 tsp cornstarch



Keeping it seasonal is simple



This Baked Root Vegetables with Maple Syrup and Cinnamon recipe serves six. ROSE REISMAN

Ingredients

- 2 each large sweet potatoes and large Yukon Gold potatoes, unpeeled and cut into 1/2-inch circles
- 1 whole garlic head, cloves separated with skins left on
- 2 large peeled parsnips, cut into 1/2-inch circles
- 2 large peeled white, or rainbow beets, cut into small wedges

Dressing
- 2 tbsp olive oil
- 2 tbsp maple syrup
- 1/2 tsp cinnamon

Garnish
- 1/4 cup chopped parsley

1. Preheat oven to 425 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Arrange vegetables in single layer on lined baking sheets.

3. Combine ingredients for dressing and brush half over top of vegetables. Bake 20-25 minutes, turning after 15 minutes and brushing with remaining dressing. Bake just until browned and tender. If trays are on separate racks, switch their positions halfway through the cooking time. Place vegetables on a large serving platter. Garnish with parsley. ROSE REISMAN

NBL Canada

Rainmen 1-1 after opening weekend

The Halifax Rainmen dropped their season opener 117-113 to the Moncton Miracles on the road Friday night, but picked up their first win at home Saturday night, in a 101-83 game against the Prince Edward Island Storm at Scotiabank Centre.

Emmanuel Jones put 33 points on the board and snagged seven rebounds Friday for the Rainmen, while Tyrone Watson added 17 points and nine rebounds. For the Miracles, Stanley Robinson scored 28 points and had 14 rebounds, according to a news release.

In their second game of the season, Michael Martin led the Rainmen with 19 points, Seiya Ando contributed 17 points to the scoreboard and Jones added 15 points and eight rebounds en route to the Rainmen victory.

National Basketball League of Canada action continues Thursday, with the Rainmen hosting the Miracles starting at 7 p.m. **METRO**

AUS hockey

Huskies off to a fast start

Saint Mary's Huskies hockey had a hot start over the weekend, with the men edging the Acadia Axemen 3-2 and the women beating the UPEI Panthers with the same score in overtime Friday.

Stephan MacAulay had two goals for the guys, while Laura Polak contributed a goal and an assist for the girls and Nicole Blanche scored the game-winner in the extra frame.

But overtime backfired for the Saint Mary's ladies on Sunday, resulting in a 4-3 loss to the Moncton Aigles Bleues. Blanche, Polak and Mary Worndl all scored for the Huskies, while Veronic Thibeault won the game on a Moncton power play.

The Dalhousie Tigers had a tougher weekend, with the guys falling 5-1 to the St. Francis Xavier X-Men on Friday and the ladies dropping a 3-1 decision to Moncton on Friday and a 3-2 game to the St. Thomas Tommies on Sunday. **METRO**

Herd not executing 'little details': Coach

QMJHL. Mooseheads crumble in latter stages of two weekend losses



KRISTEN LIPSCOMBE
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Mooseheads head coach Dominiques Ducharmes argues with an official earlier this season during a game against the Olympiques. The Mooseheads lost both of their games over the weekend. FRANCOIS LAPLANTE/FREESTYLE PHOTO/GETTY IMAGES

It's the little pieces that are missing from the Halifax Mooseheads puzzle this season, head coach Dominique Ducharme says.

The Herd lost two straight on the weekend, falling 4-2 to the Saint John Sea Dogs at home Friday night and then 5-4 in overtime to the Moncton Wildcats on Saturday evening.

"We did miss little details and execution at key times," Ducharme said Sunday after a tough couple of days. "We've got to … look at that and make it better."

Halifax had early leads in both games, 2-0 over Saint John until early in the second and 3-0 over Moncton until late in the same period, before breaking down in the latter halves.

"I thought we had some good moments," Ducharme said.

At Scotiabank Centre on Friday, forwards Nikolaj Ehlers and Samuel Leblanc got the home crowd of 8,795 to its feet with goals just 1:32 apart before the five-minute mark.

The Sea Dogs, currently ranked third nationally, rallied with four unanswered goals, including two power-play markers, as well as both tying and game-winning goals from Justice Dundas. Nathan Noel and Adam March had a goal and an assist apiece for Saint John.

"We had a really good start," Ducharme said. "Our second period was not our best period, and cost us a game."

Zachary Fucale made 23 saves for Halifax, while Sebastien Auger stopped 27 pucks for Saint John.

The Moose fared slightly better Saturday, but this time it was the third period that posed problems, when Moncton scored three of its five goals.

Stephen Johnson notched two of those, en route to a natural hat trick, which included an empty-net goal to tie it up and the game-winner just over a minute into the extra frame.

Eric Leger and Lane Cormier also scored, with 4,641 fans watching the Wildcats come back at Moncton Coliseum

"We missed a few key plays that made the difference," Ducharme said.

Timo Meier opened the scoring for Halifax on a first-period power play, adding an assist on Maxime Fortier's third-period goal. Vincent Watt also had a goal and a helper, while Ehlers and Danny Moynihan had two assists apiece. Defenceman Matt Murphy scored the Moose's second marker.

Fucale turned away 33 pucks, while Moncton netminder Alex Dubeau made 23 saves.

The two losses give the Mooseheads a 7-11-2-1 record. WITH FILES FROM PHILIP CROUCHER

Next game

Next up for the Mooseheads is a Wednesday-night game against the Acadie-Bathurst Titan at the Scotiabank Centre. The puck drops at 7 p.m.

Saulnier, Turnbull capture gold in Kamloops



Team Canada celebrates its shootout win over the United States in the gold-medal game of the Four Nations Cup in Kamloops, B.C., Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Jillian Saulnier and Blayre Turnbull are Nova Scotia's golden girls.

Saulnier, 22, of Halifax and Turnbull, 21, of Stellarton won gold medals over the weekend with the Canadian national women's hockey team at the Four Nations Cup in Kamloops, B.C.

The event featuring Canada, Finland, Sweden and the United States marks the first time Nova Scotians have made the cut for the country's most senior women's hockey team.

Saulnier, Turnbull and the 21 other players on Team Canada successfully defended their Four Nations Cup title by defeating the United States in a 3-2 shootout Saturday at the Interior Savings Centre.

It was the 14th time Canada has won gold at the tournament, with the championship game drawing 5,816 fans, a tournament attendance record, according to Hockey Canada.

Cornell University forward Saulnier notched her first goal, while University of Wisconsin Badgers forward Turnbull got her first assist, in the four-game, five-day tournament. KRISTEN LIPSCOMBE/METRO

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For those without a Metro, the forecast calls for "I dunno" with a slight chance of "Huhhh?"

metro



Maple Leaf Mike Santorelli scores a shorthanded goal on Robin Lehner in the second period on Sunday night at Canadian Tire Centre. FRED CHARTRAND/THE CANADIAN PRESS

Holland's pair leads Leafs past Senators

NHL. Ottawa fails to protect its leads to drop first game in regulation at Canadian Tire Centre

The Toronto Maple Leafs found themselves playing from behind too many times Sunday night.

But that didn't matter to James Reimer, who managed to stop 38 shots as Toronto battled back from three one-goal deficits for a 5-3 win against the Ottawa Senators.

"It was a case of bending and not breaking," said Reimer. "They had opportunities, they worked hard and they battled to the dirty areas to get goals, so kudos to them, but we managed to battle and get some gritty goals ourselves."

Peter Holland had a goal and an assist for the Maple Leafs (8-5-2) while David Clarkson, James van Riemsdyk, Mike Santorelli and Josh Leivo added a goal apiece.

"It's huge, especially with the back-to-back we just had," Holland said, referencing Saturday's home win over the New York Rangers. "Any time you can get two points against a divisional team it's a big win. I thought it was a really good game and I thought both teams competed hard. It was great that we came out on top."

Mike Hoffman, Kyle Turris and Mark Stone had goals for the Senators (7-4-3), who lost for the first time in regulation on home ice this season. They are now 4-1-3 at Canadian Tire Centre.

Sunday's game was the makeup date from the Oct. 22 contest that was postponed following the shooting at the War Memorial earlier in the day. THE CANADIAN PRESS

On Sunday

5	3
Maple Leafs	Senators

NBA

Raptors roll past lowly Sixers

When DeMar DeRozan scored on a spectacular 360 layup Sunday night, he couldn't help but smile.

DeRozan poured in 24 points on a veritable smorgasbord of shots to lead the Toronto Raptors to a 120-88 rout of the Philadelphia 76ers, improving their Conference-leading record to 6-1. Terrence Ross added 17 points, while Lou Williams finished with 16. Kyle Lowry had 14 points, while Greivis Vasquez chipped in with 13, and Jonas Valanciunas had 12 in Game 2 of a seven-game homestand. THE CANADIAN PRESS

NFL. Lynch racks up 4 TDs, tastes the rainbow vs. Giants

As the rain started falling harder, a shower of Skittles joined the wet stuff pelting from the sky.

Marshawn Lynch was in the end zone again. And for the first time in his career, his favourite candy came flying down on him from the stands four times.

"Like I said before, Marshawn Lynch is our engine," Seattle's Doug Baldwin said. "Everything runs through him."

Lynch rushed for a season-high 140 yards and career-best four touchdowns and the Seattle Seahawks overcame their early sloppiness for a key 38-17 win over the New York Giants on Sunday. THE ASSOCIATED PRESS



Marshawn Lynch rumbles downfield against the New York Giants on Sunday in Seattle. GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may not want to get involved in a dispute between work colleagues but you have no choice. When things start to get heated, you must step in and calm things down.

♉ Taurus
April 21 - May 21
Be honest about what you think today, even if your point of view is likely to offend. You are as entitled to your opinion as others are to theirs. Speak up.

♊ Gemini
May 22 - June 21
You will start the week inspired mentally and overflowing with energy physically. If you can apply your talents there is no limit to what you can achieve over the next four or five days.

♋ Cancer
June 22 - July 23
Today's Mars-Pluto link in your opposite sign of Capricorn could create a false sense of urgency. Take your time. Make your next move the right one.

♌ Leo
July 24 - Aug. 23
If you try to play mind games today you could find your tactics backfire. Some people are passionate about their beliefs and if you antagonize them you are asking for trouble.

♍ Virgo
Aug. 24 - Sept. 23
Mars-Pluto link in the most creative area of your chart will help you get a project off the ground. Don't move too quick or your resources will run dry.

♎ Libra
Sept. 24 - Oct. 23
No matter how hard you try to control your feelings today, Mars and Pluto will make it difficult not to get angry about something. You are probably right to blow your top.

♏ Scorpio
Oct. 24 - Nov. 22
You should by now have overcome whatever fears were holding you back, but if something is still bothering you then deal with it today.

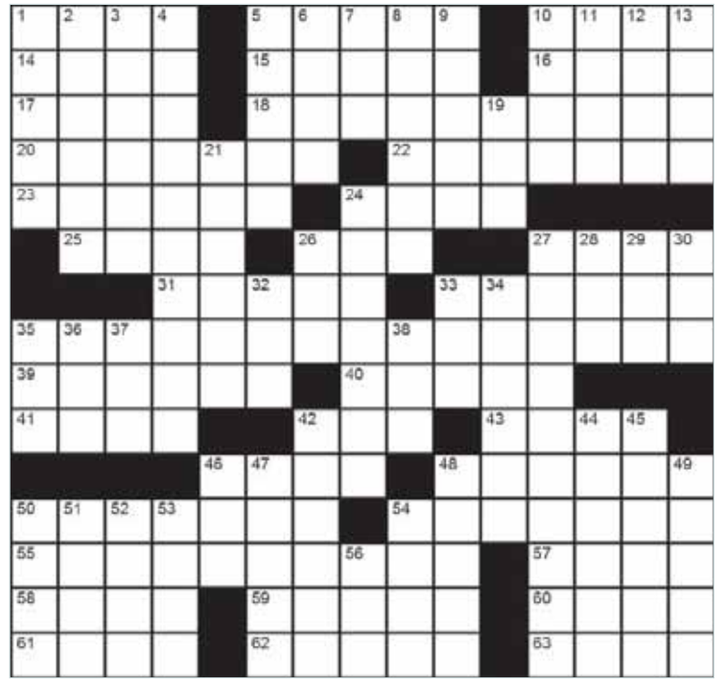
♐ Sagittarius
Nov. 23 - Dec. 21
What is it you want the most? Once you have put a name to your desire you will be amazed how easy it is to make it yours.

♑ Capricorn
Dec. 22 - Jan. 20
You may feel that you can take on the world and win, but why make a war of life? Today's Mars-Pluto union in your sign endows your personality with power. Ask for what you want.

♒ Aquarius
Jan. 21 - Feb. 19
You may feel that you have lost control over certain aspects of your lifestyle, but is it a big deal? The fact that other people are determined to take decisions for you frees up time to pursue more interesting ambitions.

♓ Pisces
Feb. 20 - March 20
You'll get the chance to tackle an issue that's been worrying you for months. A friend may offer to help you out. They know what needs to be done.

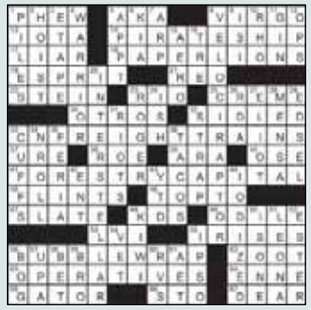
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Help Hand link: 2 wds.
5. Director Frank
10. Illusionist, archaically
14. __ contendere (Court plea)
15. Put on _ __ (Dress warmly)
16. Mr. Kristofferson
17. Plaintiff
18. Lancaster bombers WWII-set movie, "The __ __" (1955)
20. "M*A*S*H" spinoff, "__ John, M.D."
22. WWII American-Canadian commando unit movie, "The Devil's __" (1968)
23. Backslide
24. Peel
25. Change
26. SPCA protectee
27. Confront
31. Egg-shaped
33. Patrick __ (Author of Napoleonic Wars novel Master and Commander)
35. Ernest Hemingway WWI-era novel: 4 wds.
39. Canadian pilots movie, "Captains of the __" (1942)
40. "The movie's starting!": 2 wds.
41. US state
42. Ques. follower
43. Card game
46. Domesticated
48. Ideally: 2 wds.
50. Setting of '63's "The Great Escape": 2 wds.
54. Underwriter
55. 1965 John Wayne/Kirk Douglas war movie: 3 wds.
57. Ceremony
58. Bus. concern
59. Money spent
60. Rocket org.
61. Two musical notes
62. "S*P*Y*S" (1974), for one
63. Toboggan

Down
1. Bugle, e.g.
2. More tart
3. On _ __ of absence
4. 1958 war picture starring Canadian actor Glenn Ford as a submarine commander: 2 wds.
5. Future soldier
6. Rent-_-__
7. Cheering prop half
8. Hopping critter
9. Make _ __ (Go right, for instance)
10. Business subj.
11. Locale
12. Fortify
13. Being
19. Mr. Caesar
21. Demonstrated
24. Sean Penn war flick, "The Thin __ __" (1998)
26. Dessert
27. 'Major' character on "M*A*S*H": 2 wds.
28. WWI: Ace = __ hero
29. Photo taker, briefly
30. Nav. rank
32. Hurting-one's sounds
33. Extra sports periods, briefly
34. Increases or encourages
35. Raptors' venue, commonly
36. Ms. Nightingale, to pals
37. Get an '_' __ (Succeed at quiz-taking)
38. Mil. officers
42. Escalates: 2 wds.
44. Type of military action, __ battle
45. Dangerous flying bug
46. Road surface
47. Mil. stockpiles
48. "Would you like __ __ this?" (I can't eat it all)
49. Sole pattern
50. Wharf
51. Single occurrence
52. "For __ the Bell Tolls" (1943)
53. "__ _ help you?" (Store's query)
54. Shakespearean character
56. Intl. commerce group

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	3	9	8	4	7	2	1	5
1	5	7	2	6	3	4	9	8
4	8	2	1	5	9	6	7	3
2	9	1	4	7	5	3	8	6
8	6	5	3	9	2	7	4	1
3	7	4	6	8	1	9	5	2
9	2	3	5	1	4	8	6	7
5	4	6	7	3	8	1	2	9
7	1	8	9	2	6	5	3	4

7							3	1
1		4	2	9	3			
		8				6	2	
	2		4		7		5	
	4						7	
	3		6		1		9	
	7	6				3		
			7	3	4	8		2
4	8							5

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